Names\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Circle what age group that you will be addressing:

* Children (ages 5-12)
* Teenagers (ages 13-18)
* Young adults (ages 19-25)
* Adults (ages 26-65)
* Elderly (ages 65 and over)

Please list reasons why this group wouldn’t want to exercise?

*Example for young adults: No Time*

1.

2.

3.

4.

Now this ways to overcome these reasons.

*Ex: Instead of playing video games or creeping on Facebook you could go for a 30 min walk.*

1.

2.

3.

4.